



Family Advocacy (FA): 556-8943
Mental Health Clinic: 556-8943
Safety Office: 567-SAFE
Airman & Family Readiness Center (A&FRC): 567-3920
Tierra Vista Community: 683-3660

July 2012
Schriever AFB
COMMUNITY CALENDAR
by Integrated Delivery Service (IDS)
"People Helping People"

Health & Wellness Center (HAWC): 567-4292
Fitness Center: 567-6628
Sexual Assault Response Coordinator (SARC): 567-7634
Chapel (HC): 567-3705

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1015 Contemporary Worship Service	2 0615-0730 50SW Boot Camp 1100-1150 Spinning 1500 -1600 Triple Threat 0900-1000 DLC (Profile/422) 1000-1100 BOD-POD 1330-1430 BOD-POD	3 1400-1500 Pre-Sep Brief- Separates 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 1100-1630 Basketball court closed for Official Function 0900-1000 DLC (Profile/422) 0900-1000 Tobacco Cessation #1 1200-1330 Cooking Demo	4 Happy Independence Day! 	5 1300-1430 Car Buying made Easy 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 1330-1600 Be Well 1330-1430 DLC (Profile/422)	6 0615-0730 50SW Boot Camp 1500-1550 – Zumba 0900-1030 Runner's Clinic 0930 Bookmobile	7 0900-0950 Spinning 0630 Men of Integrity Bible Study – Multipurpose Bldg
8 1015 Contemporary Worship Service	9 0615-0730 50SW Boot Camp 1100-1150 Spinning 1500 -1600 Triple Threat 0930-1330 Basketball court closed for Youth Summer Camp 0900-1000 DLC (Profile/422) 1000-1100 BOD-POD 1330-1430 BOD-POD	10 1400-1500 Pre-Sep Brief- Retirees 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 0930-1330 Basketball court closed for Youth Summer Camp 0900-1000 DLC (Profile/422) 0900-1000 Tobacco Cessation #2	11 0615-0730 50SW Boot Camp 1500-1600 Body Blitz 0930-1330 Basketball court closed for Youth Summer Camp 0900-1100 UFPM Training 1330-1430 DLC (Profile/422) 1500-1630 Better Body for Life Recycle Day 1700 CEC Meeting 1800 Fire Brief	12 1300-1500 Supervisor Safety Trng 0800-1100 Moving Made Simple 0900-1100 Resume & Interview Tips 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 0930-1330 Basketball court closed for Youth Summer Camp 0930-1200 Be Well 1500 Wing run	13 0800-1400 Red Cross Babysitter's Training 0615-0730 50SW Boot Camp 1500-1550 – Zumba 0930-1330 Basketball court closed for Youth Summer Camp 0800-1600 PTL Training 0930 Bookmobile	14 1300-1700 Give Parents a Break 0900-0950 Spinning 0630 Men of Integrity Bible Study – Multipurpose Bldg
15 1015 Contemporary Worship Service	16 0800-1600 TAP 0615-0730 50SW Boot Camp 1100-1150 Spinning 1500 -1600 Triple Threat 0900-1000 DLC (Profile/422) 1000-1100 BOD-POD 1330-1430 BOD-POD	17 0800-1600 TAP 1400-1500 Pre-Sep Brief- Separates 1500-1600 Dorm Move 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 0900-1000 DLC (Profile/422) 0900-1000 Tobacco Cessation #3	18 Last day to register for Jerk class 0800-1600 TAP 0615-0730 50SW Boot Camp 1500-1600 Body Blitz Last day to register for Duathlon 1330-1430 DLC (Profile/422) 1430-1630 Better Body for Life	19 1200-1500 How not to marry a Jerk or Jerkette 1000-1100 USR Training 0800-1600 TAP 0800-1600 Right Start 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 1330-1600 Be Well 1330-1430 DLC (Profile/422)	20 Phase I Medical Records review (appt only) 0800-1600 TAP BASE PICNIC – FCA closed 0800 5K Family Fun Run/Walk 0900 Chiefs and Eagles Softball Game 0900 – 4 Person Mountain Bike Relay Race 1000 – Strongperson competition 1000-1400 Group Softball Tourny 0930 Bookmobile	21 0900-0950 Spinning 0630 Men of Integrity Bible Study – Multipurpose Bldg
22 1015 Contemporary Worship Service	23 Last day to register for FASES class 0615-0730 50SW Boot Camp 1100-1150 Spinning 1500 -1600 Triple Threat 0900-1000 DLC (Profile/422) 1000-1100 BOD-POD 1330-1430 BOD-POD	24 1200-1600 Family Advocacy Safety Education Seminar (FASES) 1100-1300 Info Fair @ Dish 1400-1500 Pre-Sep Brief-Retirees 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga Leadership Hike	25 1300-1600 123 Parenting Magic 1430-1630 Bundles for Babies 0615-0730 50SW Boot Camp 1000-1100 Sports Advisory Council 1500-1600 Body Blitz 1330-1430 DLC (Profile/422) 1430-1630 Better Body for Life Recycle Day	26 1200-1500 How not to marry a Jerk or Jerkette 1300-1500 Supervisor Safety Trng 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 0930-1200 Be Well 1330-1430 DLC (Profile/422)	27 0800-1100 How to find & apply for Federal Employment 1300-1600 Safe Kids/Home Alone @ Community Ctr 0615-0730 50SW Boot Camp 1500-1550 – Zumba 0800-1500 HAWC Hike - Jones Park 0930 Bookmobile	28 0900-0950 Spinning 0630 Men of Integrity Bible Study
29 1015 Contemporary Worship Service	30 Last day to register for Anger & Stress classes 0615-0730 50SW Boot Camp 1100-1150 Spinning 1500 -1600 Triple Threat 0900-1000 DLC (Profile/422) 1000-1100 BOD-POD 1330-1430 BOD-POD	31 1200-1400 Dealing with Anger 1400-1600 Managing Stress (both continue into August) 0615-0730 50SW Boot Camp 1300-1400 Fitness Improvement 1600-1650 Yoga 1300-1730 Basketball court closed for Official Function 0900-1000 DLC (Profile/422) 0900-1000 Tobacco Cessation #4	By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. ~Confucius		Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. ~Ronald Reagan	

AIRMAN AND FAMILY READINESS CENTER PROGRAMS:

AIR FORCE AID SOCIETY

Give Parents a Break: An Air Force Aid Society funded program providing a free afternoon of childcare at the CDC. Must meet certain requirements; call 567-3920 for more information.

Falcon Loan: The Falcon Loan is a loan of \$500 or less that can be used for emergency needs such as basic living expenses (rent, utilities, and food), car repairs, emergency travel, or other approved needs. For more information contact the Airman & Family Readiness Center

PCS Child Care: Up to 20 hours of free child care per child within 60 days of arrival or departure to Schriever. A copy of PCS orders is required.

EMPLOYMENT ASSISTANCE

Disabled American Veterans (DAV) Medical Records Review: Individuals within 180 days of retirement or separation can have the DAV review their medical records. Must pre-register.

Group Pre-separation Briefing: Separating/retiring from the Air Force in a year or less? This mandatory briefing will assist in identifying benefits/services associated with transition & beyond.

Resume & Interview Tips: For AD, family, DoD civilians and contractors. Learn how to create a compelling resume and how to use it. Learn interview do's and don'ts!

Right Start: Mandatory briefing for all newly arrived military that are not attending FTAC and DoD personnel. Individuals should attend within 30 days of arrival. Held in Building 300 auditorium.

TAP: Transition Assistance Program Workshops are now available to Civilian employees who have chosen VERA, VISP or have undergone RIF. Held at A&FRC, call 333-3168 to register.

INFORMATION & REFERRAL

Each family's needs are different, and there are many agencies on and off base staffed by specialists who can assist with specific needs. The Information and Referral (I & R) specialist is available to you for individual interviews to determine your needs and refer you to the right resource.

PERSONAL FINANCIAL MANAGEMENT PROGRAM (PFMP): All classes meet at the A&FRC unless otherwise noted.

We provide a variety of FREE financial planning services through personal financial counseling. Call for an appointment today!

Dorm Move: For Airman planning a move within the next 3 months. Learn to identify how much money is needed live off base, create an expenditure-based budget & determine your financial fitness.

Financing a College Education: Learn ways to save and pay for that all important college degree. It's never too soon to start planning!

RELOCATION ASSISTANCE

Sponsorship Training: Is now online. Make incoming personnel's arrival to Schriever a positive experience by completing online sponsor training. Mandatory for all newly assigned sponsors. Call A&FRC for access.

VOLUNTEER PROGRAM:

There are several on-base organizations that are in need of volunteers. Contact 567-3920 for more specific information.

MILITARY FAMILY LIFE CONSULTANT:

MFLC counselors provide non-medical, short-term, situational problem solving counseling to service members and their families. Services are confidential and private, except for duty-to-warn situations. Please call 651-3379 for appointments

***** SCHRIEVER KEY SPOUSE PROGRAM *****

The Schriever Key Spouse Program Needs You! You will be a trained volunteer who is chosen by the Commander for a minimum one-year appointment, an official unit representative, and a point of support for unit families. If you would like more information or desire to be a voice for your unit, please contact your unit's First Sergeant or the Airman & Family Readiness Center at 567-3920

FAMILY ADVOCACY PROGRAMS:

All classes meet at Peterson's Mental Health Clinic Conference Room unless noted. You must attend all sessions of multiple-day classes.

Anger Management: Held at Airmen & Family Readiness Center, Schriever AFB

Managing Stress: Held at Airmen & Family Readiness Center, Schriever AFB

F.A.S.E.S: Family Advocacy Safety Education Seminar – Healthy Relationships, Communication Parenting, Anger/Stress Management.

Youth Programs – Please call 567-2850 if you have any questions.

SARC (Sexual Assault Response Coordinator):

BIT: Bystander Intervention Training. This month's classes are offered in T-135, the multi-purpose facility next to the gym.

REMINDER: AF Completion date for BIT training is NLT 30 June 2012.

Fitness Center.

Holiday Hours: July 4 - Main Fitness Center open 0700-1500; Annex will be closed

Pool Hours: The base housing community center pool is now open to non-housing residents on Tuesdays and Thursdays only when lifeguards are on duty. Children ages 14 and under must be actively supervised by a parent or guardian.

Base Picnic Activities:

5K Fun Run/Walk – No registration required. Form up on the running path located directly behind the Main Fitness Center at 0745

4-person Mountain Bike Relay Race – Registration required

Strongperson competition – registration required

To register please call Seth Cannello at 567-6658 or email seth.cannello@us.af.mil

Chapel:

Chaplains offer privileged communication. Counseling is by appointment or walk-in. Please call 567-3705.

Chapel services are located at the multipurpose building located next to the fitness center.

Ladies Bible Study: Is on hiatus for now. Couple's Bible Study will start in the Fall.

Safety: All classes are held in Building 210, room 148B unless otherwise stated.

Unit Safety Representative (USR) Training – USRs must be an NCO, Officer or Civilian and have at least 1 year remaining on station to be eligible. Individuals appointed as USRs need to bring a copy of their appointment letter and their Unit Safety Binder with them to the course. USRs are required to be trained within 30 days of their appointment.

Advanced Traffic Safety (Course IIIB) – This class is taught to all first-term Airmen (including officers) approximately 1 year after their assignment at their first PCS. This course builds on the principles taught in course IIIA.

Supervisor Safety Training – This class is for SrA, and 2nd Lt. and above and civilians who supervise. Please check with your orderly room to make sure you need this course. Training is tracked in MilPDS and once you have had it you do not need to re-take the class unless directed by your supervisor. First come, first served, with priority given to new front-line supervisors.

Class dates/times subject to change. Please call appropriate agency for more info.